



W/c 24 April, 15 May, 12 June, 3 July				
Allergens in the menu are listed below each day				
Monday	Tuesday	Wednesday	Thursday	Friday
Creamy Ham Carbonara Cheese & Tomato Pasta	Roast Pork Loin Roast Quorn Fillet Served with Stuffing	Cheesy Vegetable Bake	Minced Beef Hot Pot Quorn Hot Pot	Pizza
Garlic Bread Seasonal vegetables	Roast Potatoes Seasonal vegetables	Baked Beans	Seasonal vegetables	Herby Diced Potatoes Sweetcorn
Ice cream Fresh fruit Yoghurts	Iced Chocolate Sponge Fresh fruit Yoghurts	Rice Pots Fresh fruit Yoghurts	Carrot Cake muffins Fresh fruit Yoghurts	Cookie Surprise Fresh fruit Yoghurts
2 7	2 4 7	7	2 4 7	2 7 10

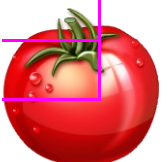
Salad Bar—a variety of fresh salad available Mon, Weds and Fri . Bread is available daily

W/c 1 May, 22 May, 19 June, 10 July				
Allergens in the menu are listed below each day				
Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti Bolognaise Macaroni Cheese	Roast Chicken Halal Chicken Roast Quorn Fillet Served with Stuffing	Fish Cakes with Creamy Mashed Potato	Diced Beef Casserole Quorn Mince Served in Yorkshire Pudding	Sausage Halal Sausage Quorn Sausage
Garlic Bread Seasonal vegetables	Potatoes Seasonal Vegetables	Beans	Roast Potatoes Seasonal vegetables	Chips Beans
Jelly & Shortbread Fresh fruit Yoghurts	Arctic Roll Fresh fruit Yoghurts	Iced Lemon Cupcakes Fresh fruit Yoghurts	Jam Tart & Custard Fresh fruit Yoghurts	Cookie Surprise Fresh fruit Yoghurts
2 7	2 4 7	2 5 7	2 4 7	2 4 7, 13

Salad Bar—a variety of fresh salad available Mon, Wed and Fri . Bread is available daily

W/c 8 May, 5 June, 26 June, 17 July				
Allergens in the menu are listed below each day				
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Curry Halal Chicken Vegetarian Curry	Sliced Roast Beef Sliced Quorn Served with Yorkshire Pudding	Jacket Potato with a variety of fillings	All Day Breakfast	Jumbo Fish Finger
Rice Mini Naan Bread	Roast Potatoes Seasonal Vegetables	Salad		Chips Peas
Fruit Smoothie Fresh fruit Yoghurts	Jam Roly Poly Custard Fresh fruit Yoghurts	Yoghurt Sponge with Raspberry Coulis Fresh fruit Yoghurts	Angel Delight Fresh fruit Yoghurts	Cookie Surprise Fresh fruit Yoghurts
1 2 4 7 9	2 4 7	2 4 5 7	2 4 7, 10	2 4 5 7, 10

Salad Bar—a variety of fresh salad is available Mon, Weds, Thurs & Fri. Bread is available daily



# 14 Allergens

Coming to a food label near you



The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

**1 Celery**  
This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

**2 Cereals containing gluten**  
Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.

**3 Crustaceans**  
Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.

**4 Eggs**  
Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.

**5 Fish**  
You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

**6 Lupin**  
Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.

**7 Milk**  
Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

**8 Molluscs**  
These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews

**9 Mustard**  
Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.

**10 Nuts**  
Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.

**11 Peanuts**  
Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

**12 Sesame seeds**  
These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.

**13 Soya**  
Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

**14 Sulphur dioxide (sometimes known as sulphites)**  
This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

For more information, visit: [food.gov.uk/allergy](http://food.gov.uk/allergy) or [nhs.uk/conditions/allergies](http://nhs.uk/conditions/allergies)  
✉ Sign up to our allergy alerts on [food.gov.uk/email](http://food.gov.uk/email), or follow #AllergyAlert on Twitter and Facebook  
f Let's keep connected at [food.gov.uk/facebook](http://food.gov.uk/facebook)  
t Join our conversation @[food.gov.uk/twitter](https://twitter.com/foodgovuk)  
yt Watch us on [food.gov.uk/youtube](http://food.gov.uk/youtube)